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SPOILER ALERT: IF YOU'RE SEASONS BEHIND ON YOUR FAVE SHOW, YOU'RE NOT GOING TO LIKE THIS COLUMN **PAGE 11**



Freed at last

In an unexpected move, Canadians John Greyson and Tarek Loubani have been freed from a Cairo prison after seven weeks of detainment **PAGE 6**

Death toll climbs off Italy's coast

Divers find dozens more bodies of asylum-seekers from Eritrea near island of Lampedusa **PAGE 7**

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Pink brigade still running strong

'It's such an emotional day.' Vancouver Run for the Cure raises \$1.2 million for breast cancer foundation



EMILY JACKSON
emily.jackson@metronews.ca

An explosion of pink sneakers, socks, sunglasses, wigs and feather boas hit downtown Vancouver Sunday for the largest single-day breast-cancer fundraiser in Canada.

More than 6,400 people laced up for the city's 22nd annual Canadian Breast Cancer Foundation CIBC Run for the Cure, raising \$1.2 million for breast-cancer research, education and advocacy.

A total of 16,400 participants in nine B.C. communities, including Surrey for the first time, raised \$2.6 million, down from 22,000 people and \$3.6 million in 2012. All the money raised in B.C. stays in B.C.

Despite the drop, the event is integral to the foundation and continues to draw thousands due to its importance to survivors and their families,

said Wendy Slavin, CEO of the Canadian Breast Cancer Foundation B.C./Yukon.

"It's such an emotional day," Slavin said, adding 1,700 volunteers make the event happen across B.C. "We will never stop doing the run."

While the silly was on display at Concord Pacific Place — teams had names like "Hakuna Ma Tata," "Boo Bees" and "Treasured Chests" — the seriousness of the cause was at the forefront of the celebratory atmosphere.

A team of UBC physio students donned bras for the five-kilometre run, including Benjamin MacDonald, 24, who ran (in his girlfriend's undergarments) in memory of his mother, who died of complications from breast cancer.

The massive show of community support "lets you know people still care," he said.

Nancy Ross, 46, ran with a team of more than 30 people from across Lower Mainland in honour of her sister-in-law Judy's ongoing decade-long battle with breast cancer.

"It's just a great way to show our support and love for her and everyone we know that's fighting the battle," Ross said, blinking her long, pink fake eyelashes.



More than 6,400 participants enjoyed the sunshine during the 22nd annual CIBC Run For The Cure in Vancouver. An estimated 23,800 women and 200 men will be diagnosed with breast cancer in 2013. EMILY JACKSON/METRO

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Concrete controversy over bike lane at Kitsilano Beach park

New route.

Commissioner questions whether public has been adequately consulted



EMILY JACKSON
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Pedestrians, joggers and cyclists jostling through the sand-covered path beside the volleyball courts at Kitsilano Beach might be pleased to get some separation from each other.

But with the Vancouver park board set to approve plans for a 12-foot wide asphalt bike route through the park's tree-lined picnic area on Monday night, commissioner John Coupar is questioning whether the public knows — or has been adequately consulted about — the dedicated path.

"That's a lot of blacktop without people realizing it," Coupar said Sunday.

The proposed bike route is part of the city's Kitsilano seaside greenway plan that attracted a firestorm of controversy this summer for its on-street bike lanes and closure of Point Grey Road to commuter car traffic at Macdonald.

Yet specific details are scant on this particular bike route,

which Coupar said was "buried" in the larger plan.

Stretching from Haddon Park, the route will wind behind the Boathouse restaurant then in front of the tennis courts and up to an existing route at the intersection of Yew and Cornwall to the west side of Kitsilano pool. It will cost up to \$2.2 million and is slated to be complete by May 2014.

"Kits residents and the residents of Vancouver will be asking, 'How come we don't know about this?'" Coupar said, noting the tight timeline.

He also questioned why the route seems to prioritize cyclists when most people visit the park by foot, according to the city's surveys.

Yet park users are "overwhelmingly" supportive of separation to boost pedestrian safety, especially near the children's playground, according to "interception" surveys where the city stopped 370 people using the park to ask about the upgrades.

Most respondents, nearly half of whom visit the park daily, were in favour of the second path to avoid bisecting the existing route.

The city also conducted extensive consultation earlier this year for the Point Grey — Cornwall greenway and seaside upgrades.



Vancouverites at the beach on Sunday. The city is considering a separate path for cyclists at the busy Kitsilano Beach park. EMILY JACKSON/METRO

Bystanders lift SUV off child cyclist



Paramedics attend to a young child after he was struck by an SUV in Yaletown Sunday. COURTESY MITCHELL SAYERS/B.C.I.T JOURNALISM STUDENT

A group of up to 20 bystanders are being heralded as heroes after they lifted an SUV off of a small boy following a collision at a busy Yaletown intersection Sunday.

The nine-year-old was taken to hospital with broken bones, including a broken leg, and head contusions and is listed in stable condition, said Transit Police spokeswoman Anne Drennan.

Shortly after 1 p.m. a dark-coloured Nissan SUV T-boned an Audi A4 at the intersection of Davie Street and Pacific Boulevard, Drennan said.

The collision sent the Nissan up onto the curb where it crashed into two nine-year-old boys who were waiting with a mother on the corner with their bikes, pinning one of them beneath it.

Between 15 and 20 bystanders ran over and immediately lifted the Nissan off the little boy, allowing paramedics to offer aid.

"The bystanders truly were heroes — they did an amazing thing," Drennan said.

"It restores your faith in humanity."

The other child was struck slightly and was unharmed. Following the initial col-

lision, the driver of the Audi left the scene, driving west down Davie Street. A witness noted the licence plate.

Three hours later, Transit Police arrested a 27-year-old woman at a False Creek residence.

The vehicle, which sustained extensive damage, was also recovered.

The driver of the SUV was also taken to hospital with injuries. JEFF HODSON/METRO



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HootSuite. Over 100 new jobs open; offering gym, nap room, alcohol on tap

A billion-dollar Vancouver social media giant is growing again.

HootSuite, a company that has grown from 50 to more than 370 employees within the last four years, has announced an Oct. 8 hiring fair as it looks to fill more than 100 positions.

The company, which moved into a new 33,000-square-foot office in the Mount Pleasant area earlier this year, says it's looking for candidates in every department — development, marketing, sales and creative positions — that like to “work hard and play hard.”

And with so much on the line, it's easy to see why working hard is mandatory.

The social-media dashboard developer secured \$165 million in funding in August, which many analysts believe now places the company in the billion-dollar value range.

Media outlets were invited on a tour of the new headquar-

Jump in the ring

Hopeful hires are asked to bring their resumés to 5 East 8th Ave. from 5-7 p.m. on Oct. 8.

- All available positions are posted on the company's website.

ters in January, which features a gym, yoga studio, cafeteria (with beer and wine on tap) and a nap room.

“We want to be in a space where people like to work,” said CEO Ryan Holmes at the time.

The company boasts it has more than seven million users and that its dashboard (which amalgamates Facebook, Twitter and other social-media streams in one service) is used by 70 of the top Fortune 100 companies. **MATT KIELTYKA/METRO**

Craigmont Mine. Charges rejected in 2008 drowning

B.C.'s Criminal Justice Branch says it will not approve charges against the operators of a mine where an employee drowned more than five years ago.

John Wilson died Feb. 28, 2008 at the Craigmont Mine near Merritt, B.C., when the excavator he was operating overturned in a sump filled with water.

Starting Oct. 30, 2009, the Criminal Justice Branch and police passed the file back and forth. Three senior prosecutors reviewed the documents.

The branch says that based on evidence submitted by the RCMP, prosecutors would be unable to prove a breach of duty, wanton or reckless disregard for life or safety or that any breach contributed to Wilson's death.

As a result, it says there is not a substantial likelihood of conviction against the mine, a manger or a supervisor.

The branch says the Workers Compensation Act does not apply to mines, and the six-month time limit for charges under the Mines Act has expired. **THE CANADIAN PRESS**

CityLab summit

Mayor swapping ideas with globe

Mayor Gregor Robertson is in New York to take part in the first CityLab summit, a forum of 300 “global city leaders” discussing ideas that shape cities.

The city says Robertson was invited to the forum by New York City Mayor Mike Bloomberg and was the only Canadian municipal leader at the summit.

Robertson will also be taking part in a mayors-only session Monday focused on sharing city strategies.

MATT KIELTYKA/METRO

Surrey

RCMP seek pair in midnight slashing

Surrey RCMP are looking for two assailants who attacked a couple near a SkyTrain station early Saturday.

Police say a male and female were outside the Gateway station just after midnight when they were approached by a dark-skinned male in a puffy jacket and a white male wearing all black. An altercation ensued, and the first suspect allegedly cut both victims with a weapon. **MATT KIELTYKA/METRO**



Then-accused child abductor Randall Hopley is led out of the Cranbrook courthouse on Sept. 14, 2011. BILL GRAVELAND/THE CANADIAN PRESS FILE

Dangerous-offender hearing underway for child abductor

Randall Hopley. Man kidnapped boy from home then returned him there days later

Prosecutor's view

“Just given the circumstances of what occurred two years ago and his prior record ... he poses a risk of repeating the same behaviour, and we don't want that to happen.”

Prosecutor Lynal Doerksen

Convicted sex offender Randall Hopley said at a sentencing hearing last year that he abducted a three-year-old from his home in an effort to get back at the justice system.

On Monday, the Crown plans to argue Hopley should never again get that chance.

It was a kidnapping case that bordered on the miraculous when, two years ago,

little Kienan Hebert was returned unharmed to his home just as mysteriously as he had disappeared several days earlier in September 2011.

A massive manhunt for the child's abductor ensued, and several days later, Mounties arrested Hopley near the B.C.-Alberta border.

On Monday, Hopley will

appear in B.C. Supreme Court, where a judge is expected to hear arguments all week on whether the man should be designated a dangerous or long-term offender.

Justice Heather Holmes ordered a psychiatric assessment last year. Prosecutor Lynal Doerksen said he will be arguing for a dangerous-

offender designation for Hopley.

Hopley's lawyer, William Thorne, has defended his client as a “simple man who did a stupid thing” and had asked for his own psychiatric assessment to be made.

If declared a dangerous offender, Hopley could face the harshest punishment of an indeterminate imprisonment sentence with no chance of parole for seven years.

A long-term offender designation would mean Hopley could, after serving his sentence, receive a supervision order for up to 10 years.

THE CANADIAN PRESS

Ottawa dogma hurting addicts: Montaner

Ideological bents from Ottawa continue to put lives at risk, according to one of B.C.'s top medical minds.

Dr. Julio Montaner, director of the B.C. Centre for Excellence in HIV/AIDS, says the federal government's recent decisions — to close Health Act loopholes to make it more difficult to establish supervised drug-consumption sites

and to cut off clinical trial patients from prescribed heroin once their program ends — will have dire consequences.

“They're approaching it with a very dogmatic view,” Montaner said. “It's something that's medically, morally and ethically wrong.”

Montaner is credited for pioneering the Treatment as Prevention strategy for stopping

the spread of HIV through the proactive use of testing and then giving immediate access to highly active antiretroviral therapy. The strategy has been endorsed by the World Health Organization and adopted by many countries.

While Treatment as Prevention is not a harm-reduction tool, the strategy may have been swept under the

same ideological rug.

“It's treatment, not harm reduction, but part of it is you have individuals who have drug-use problems,” said Montaner of the knock-on effect the government's anti-harm reduction stance may have.

“They can't access treatment for HIV if they haven't addressed the addiction first.”

MATT KIELTYKA/METRO

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Canadians freed from jail as violence erupts in Egypt

Unexpected release.

Tarek Loubani and John Greyson awaiting papers to come home, while at least 50 killed in latest clashes

The two Canadians released from a jail in Cairo early Sunday are recuperating in a hotel after their painful collision with the upheaval in Egypt.

Tarek Loubani, an emergency-room doctor from London, Ont., and Toronto filmmaker John Greyson are "resting and getting acclimatized" to their unexpected freedom while waiting for travel documents to come home after their seven-week ordeal, said Greyson's sister.

Cecilia Greyson, who was in Toronto on Sunday to get ready for their eventual re-

turn, said no travel plans have yet been made and that the two men were "getting back to eating solid food slowly, under a doctor's supervision."

They had staged a hunger strike toward the end of their detention, living on juice and water for two weeks.

The Associated Press reported the pair were prevented from flying out of Cairo after their names appeared on a "stop-list" issued by prosecutors; the news agency attributed the information to airport officials.

Tarek and Greyson were arrested Aug. 16 during a day of bloody clashes between security forces and supporters of the Muslim Brotherhood.

By coincidence, their release Sunday came as similarly bloody clashes broke again across the country, with at least 50 people reported killed by nightfall.

TORSTAR NEWS SERVICE



Supporters of Egypt's ousted President Mohammed Morsi mourn their relatives killed during clashes with security forces in Cairo on Sunday. HASSAN AMMAR/THE ASSOCIATED PRESS

Anaya. UN to survey aboriginal concerns

A United Nations fact-finder is set to take stock of the plight of Aboriginal Peoples in Canada.

The UN has dispatched law professor James Anaya to speak to First Nations representatives and government officials as he drafts a report for the world body.

As the UN's special rapporteur on indigenous rights, Anaya is responsible for promoting laws and policies that support indigenous peoples around the world. He will also look at their living conditions and issue reports and recommendations.

The rapporteur has no binding authority. Rather, he aims to shame governments into action by bringing unacceptable conditions to light.

The federal government will get a chance to respond to Anaya's findings before a final report is circulated and presented next year to the UN Human Rights Council.

THE CANADIAN PRESS

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Mexico. Monster truck hits crowd, killing eight

An out-of-control monster truck shot into a crowd of spectators at a Mexican air show, killing at least eight people and hurting 80 others, dozens seriously, officials said.

Carlos Gonzalez, spokesman for the Chihuahua state prosecutors' office, said the driver appeared to have lost control of the truck after leaping over a pile of cars it was crushing during a demonstration at the "Extreme Aeroshow" on Saturday.

Some witnesses said the driver appeared to have hit his head on the interior of

the truck as he drove over the old cars, with at least two reporting seeing his helmet come off before the massive vehicle drove into the crowd of terrified spectators, who tried to flee.

Spectator Daniel Dominguez, 18, said he was happily watching the show with a group of relatives when the truck came down hard in the middle of the cars.

His 11-year-old sister was in surgery for injuries to her legs, and his mother was treated for minor contusions.

THE ASSOCIATED PRESS

Doctor's orders

President of Argentina to rest after brain injury

President Cristina Fernandez's government was in uncharted territory Sunday after doctors told the Argentinian leader to

take a month's rest because they found blood on her brain from a head injury.

While experts called the prescription good medicine, it could prove politically risky for her to leave the campaign trail just three weeks before nationwide elections determine control of Congress.

THE ASSOCIATED PRESS

Italy looks to Europe as migrant bodies surface

Lampedusa tragedy.

Tens of thousands of migrants from Africa and the Middle East arrive each year seeking refugee status

An Italian government minister born in Africa watched wordlessly Sunday as soldiers wearing face masks carried body bags containing migrants from her continent who perished when a fishing boat transporting 500 asylum seekers from Eritrea sank within sight of the tiny island of Lampedusa.

Divers recovered 70 more bodies after seas calmed enough to resume search operations after a two-day suspension, increasing the death toll to at least 181. More than 150 others are presumed to be missing, trapped in the wreckage about 50 metres below the surface.



Italian and Eritrean migrant boys play football on Sunday where boats formerly used by immigrants arriving in Lampedusa, Italy, lie disused. The search for bodies continues off the Italian coast. TULLIO M. PUGLIA/GETTY IMAGES

Italy has been receiving signs of solidarity from its European partners. French Foreign Minister Laurent Fabius said Europe must act to stem the migrant tragedy, adding that both France and Italy have asked that the subject be placed

on the agenda of Tuesday's EU interior ministers' meeting.

"We cannot deal with this tragedy alone, but together with Europe," said Italy's integration minister Cecilia Kyenge. "We must give answers to those who flee, need protection, and

come here for help."

The fishing boat carrying the migrants sank early Thursday after passengers panicked by flames set to draw attention bolted to one side of the boat, capsizing it.

THE ASSOCIATED PRESS



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PQ asks Russia to give clemency to activists

Quebec is wading into international waters, calling for clemency from the Russian government in the case of Greenpeace activists arrested during a protest last month.

Jean-Francois Lisee, the Parti Québécois government's minister of international relations, is asking for clemency in the case of a Quebec resident held in Russian prison.

The crew of the seized Greenpeace ship Arctic Sunrise includes Alexandre Paul of Montreal and Paul Ruzyski of Port Colborne, Ont. They could each face a 15-year prison term on charges of piracy.

Lisee said he's been in contact with Canada's consular services and is putting pressure on the federal government to do more.

Piracy charges 'absurd': Greenpeace

Russia seized Arctic Sunrise after a Sept. 18 protest at a Gazprom oil drilling platform located in the Arctic circle, charging all 30 on the boat with piracy.

- Alexandre Paul's mother has urged the federal government to get more involved in the case.
- Nicole Paul said she found the charges against her

35-year-old son excessive, given that his goal was to raise awareness about environmental issues.

- Greenpeace denies any wrongdoing and describes the charges as absurd.
- On Saturday protests were held in a handful of Canadian cities as part of a day of action against the arrests.

He said he's hoping to meet with Foreign Affairs Minister John Baird in the coming days. "The legality of the arrest is questionable, and especially the charge of piracy, which carries a possibility of 15 years in prison, is clearly exagger-

ated," Lisee said in a speech late Saturday at a Montreal vigil.

Russia seized Arctic Sunrise after a protest at an oil drilling platform located in the Arctic circle, charging all 30 on board with piracy.

THE CANADIAN PRESS



Relay to Sochi underway

Russian President Vladimir Putin smiles while ceremonially lighting the Olympic flame with a torch at Moscow's Red Square on Sunday. The four-month relay to Sochi for the Winter Games is now underway.

IVAN SEKRETAREV/THE ASSOCIATED PRESS

Not so funny, actually

Culprit dubbed 'poopetrator' at a Yale college

Yale University hopes to solve a case of whodungit by identifying the stinker who has been soiling students' laundry by sticking human feces inside clothes dryers.

The culprit is being blamed for at least four incidents in the past month in the laundry room at Saybrook College.

THE ASSOCIATED PRESS

Youthful adventurer

Nine-year-old stowaway flies to Vegas, no ticket

A nine-year-old Minneapolis boy was able to get through security and onto a plane at the Minneapolis-St. Paul International Airport without a ticket, an airport spokesman said Sunday.

Security screened the boy at the airport shortly after 10:30 a.m. Thursday, airport spokesman Patrick Hogan said. The boy then boarded a Delta flight that left for Las Vegas at 11:15 a.m.

The flight crew became suspicious and contacted police. THE ASSOCIATED PRESS

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Malaysia's oil and gas co.

Harper greeted by \$36B investment boost by Petronas

Prime Minister Stephen Harper arrived in Bali for an Asia-Pacific leaders' summit Sunday bearing what could be called a \$36-billion vote of confidence from Malaysia's state-owned oil and gas company.

Malaysian Prime Minister Mohd Najib sprang the "gargantuan" investment figure during a joint availability with Harper in Putrajaya, saying Malaysia's state-owned oil and gas company Petronas has committed to construction of a liquid natural gas plant in British Columbia and the pipeline to feed it.

"I'm told that this is the largest direct foreign investment in Canada by any country," Najib said, flanked by Harper following a formal welcoming ceremony at a sprawling new government precinct outside the Malaysian capital of Kuala Lumpur.

THE CANADIAN PRESS

Would you give your location for a bargain?

Thousands already have. Rogers customers are sharing their current locale with the company in exchange for deals

When Aidan Nguyen was visiting Chicago last month he got 25 per cent off a meal simply by using the app Foursquare to "check-in" at a restaurant on his smartphone.

The self-described shopaholic said he's always looking for a good deal when he's out and often posts his location on his social networks.

Available for years in the United States and England, location-based mobile marketing is moving into Canada. This month, customers with Rogers Communications can sign up for text messages that will alert them to deals when they're near specific retailers.

Nguyen said he's willing to share his location in return



Aidan Nguyen poses for a photograph using his smartphone app in Toronto. Rogers has launched a service where its customers can sign up and get texts with deals when they're near a participating business. NATHAN DENETTE/THE CANADIAN PRESS

for a deal.

"When you're walking around, then why not?" asked the 24-year-old Toronto public relations consultant. "If the offer is fitting for what I'm looking for, and it's a good promotion, I'll check it out."

Rogers said a few thousand people have already signed up for the option, which offers discounts at six retailers, including Rogers Wireless, Sears Canada, A&W Restaurants, The Second Cup Ltd., Future Shop and Pizza Hut. THE CANADIAN PRESS

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CEDAR PARTY'S ANSWER: GO AWAY

If you're opposed to turning Point Grey Road into a bike lane, there's a political party just for you.

It's called the Vancouver Cedar Party and this is what it says about bike lanes:

"Vancouver Cedar Party supports intelligent options for bicycle lanes. It means many are wrong and must go away."

I'm not making this up. Many are wrong and must go away? This is big-city policy making by eight-year-olds. Unfortunately, based on the evidence apparent on the Cedar website, these are grown-ups talking.

The "must go away" approach dominates most of the Cedar Party's, um, planks. Take the Cedar pledge and you will:

"Guard against" powerful lobbyists and special interests;

"Oppose" unwanted towers sprouting up all over the city;



URBAN COMPASS

Paul Sullivan

vancouver@metronews.ca

"Reverse" most of the zoning changes enacted during the Vision era;

"Cancel" many long-term development plans;

"Eliminate," "cut," "oppose" and plain old "not support."

You get the drift. In the midst of all this negativity, it's hard to find exactly what Vancouver Cedar does support, but it seems to be actively in favour of nothing, or if you prefer: make everything go away and restore everything to the way it was, so we can be the way we were. Whatever that was.

So if you're in favour of zero development (or maybe the odd tasteful duplex) it's Cedar for you. Like parks? (And who doesn't?) Vote

Cedar and instead of expanding malls or building along the SkyTrain, we'll dedicate lots of parks. Never mind that we can't pay for the ones we've already got, and we certainly won't be able to pay for the new ones thanks to our no

growth policy, but that's OK. Problems are wrong and must go away.

I'm not sure whether to laugh or cry. This is democracy in action? The exuberance for change demonstrated by Mayor Gregor Robertson and his band of Visionaries can be downright over-the-top and scary at times, and one of Vancouver's biggest problems is a lack, George Affleck aside, of an effective opposition. With the exception of Affleck, the rest of the NPA has moved to Victoria, where, every once in a while, they visit the legislature.

Which leaves COPE, the party of the disaffected Left, which holds its meetings in its car, and the Vancouver Cedar Party, which holds its meetings in the Shire.

The Cedar Party throws the word "intelligent" around a bunch on its website, but forgot to include the evidence. Alternatives for affordable and sustainable housing for the millions who will live here?

There isn't one, and all those people must go away.

Cedar. Don't forget that name. It means we're lost in the woods.

ZOOM

Pass a thousand tonnes of salt



DIMITRI MESSINIS/THE ASSOCIATED PRESS

Abundance of salt in Greece is protected

Salt is collected at a production site in Messolonghi, western Greece. Salt lakes at Messolonghi are used for production by solar evaporation. The facilities are the largest salt works in Greece, and are located at a protected wetland complex of estuaries and lagoons. THE ASSOCIATED PRESS

In good taste

110,000

The Messolonghi production sites produce 110,000 tonnes of salt per year, which is enough to meet 40 per cent of Greece's needs.

Many European salt marshes have become exposed to industrial and agricultural pollutants, including pesticides and heavy metals. As a result, many of the marshes are protected under the EU's Habitats and Birds Directives.



Wheel traces are seen on a salt lake. DIMITRI MESSINIS/THE ASSOCIATED PRESS



WE ACT: CANADA DOES GOOD

Young environmentalist stirs change in Calgary

Canadians across the nation are up to a whole lot of good. Here's one we'd like you to meet.

Who: Cassidy Robertson, 18, environmental go-to girl, (pictured on the left).

Where: Calgary, Alta.

What: Founded club.one, twenty, dedicated to making 120 community improvements, and co-founded a local recycling plant.

Why: To reduce our ecological footprint by encouraging others to recycle, buy locally and respect nature.

What inspired you to get started? "I realized a lot of my peers didn't realize they could make a change. Our club has brought recycling bins into our school, cleaned up litter, and promoted Fresh Face Fridays, a day to empower young girls to come to school without makeup. As an advocacy campaign, I made my grad dress out of pop

tabs and have hosted a workshop on conscious consumerism — bringing awareness to consumers and showing them how to make their own deodorant."

Do you have any advice for people passionate about an issue? "I would tell them to just jump in. If they are passionate about the environment they should volunteer at environmental organizations.

You can learn a lot of things if you want to — I did that through volunteering."

What are your plans for the future? "Since graduation, I have co-founded Half Full Recycling Plant, where we turn plastic bottles into plastic pellets to get melted down into new plastic. I will also continue working as a youth co-ordinator at Empowering Minds, helping young people plan and execute their own projects and become leaders."

WE WANT TO HEAR FROM YOU: Send us your comments: vancouverletters@metronews.ca

Warning! This has spoilers!

Entertainment etiquette. Do we have to censor ourselves for the slowpokes who haven't finished watching shows yet?

Rosebud is a sled.

So goes the ending of the 1941 Orson Welles classic *Citizen Kane*, spoilers be damned!

Revealing secret endings and plot twists has brought on wrath since the dawn of cinema, straight through VCRs to today's DVR-fuelled delays that led to much nail-biting over *The Ending That Shall Not Be Spoiled* on *Breaking Bad*.

But exactly what is the magic formula for spoiler grace? When do calls of SPOILER ALERT (insert index fingers in the ears here) expire so we can, maybe, not feel so constipated when discussing our favourite fare in real time?

Does the 13-episode Netflix dump of *Orange Is the New Black* in July equal two months of polite spoiler-free behaviour? Are bets off when a show concludes, or does that depend on how many seasons late adopters would have to slowly, slowly slog through — say *Dexter*'s eight to *Breaking Bad*'s five?

Or is it up to the unspoiled viewer to avoid social media or catch up? Get it done, people!

"I think asking people not to spoil for some reasonable amount of time is fine, although anyone who actually takes it seriously, i.e., gets mad or upset in the event someone does, is



What's a viewer to do when shows like *Orange Is the New Black* dump all their episodes at once? CONTRIBUTED

an idiot," said technology analyst Melanie Turek in Steamboat Springs, Colo.

"But that 'reasonable' amount of time is, in my mind, about 48 hours after a live broadcast," she explained. "And once a series is off the air and the hype has died down, asking people not to spoil is just silly."

Others think keeping some things quiet — or at least warning our Facebook friends about potential

spoilers — is what 21st-century etiquette might advise. At least that's what the ragers who decry spoilers on social media hope for.

Marketer Kim Puckett in Indianapolis thinks "we're all social-media-level entertainment reviewers now" so should respect our written-word audiences on newsfeeds like Twitter or in status updates on Facebook that aren't easy to escape.

"Unfortunately, specific status updates on key plot

Too much censorship?

Has the quality of conversation been damaged by the call for spoiler-free discourse?

- "What we've lost is the ability to step back and assess what we've just seen," said Danny Glover, who is in marketing and pays close attention to social media. "I think overall the live conversation is valuable."

- Judith Martin, who writes the *Miss Manners* columns and books, also believes the burden falls mostly on the person holding out for the surprise. "But if the story is really good, it shouldn't make that much difference," she said. "I still enjoy re-reading *Moby-Dick* and *The Golden Bowl*, even though I know perfectly well what is going to happen."

points might be banned forever," she said.

But in other contexts, Puckett said, "as soon as the show ends, office and social talk should be allowed about the show."

"How can we enjoy shows at a social level if we're always worried that someone is still on season one of *The Killing* or halfway through *Sons of Anarchy*?"

Justice is on the side of those who want to blab on Twitter or Facebook, according to Paul Levinson, a professor of communications and media studies at Fordham University and author of the book *New New Media*.

The idea that "people have a right to be free of spoilers is absurd, and it's an absurd misuse of the term 'right,'" he said.

"You have a right to communicate," Levinson assured. "I don't think anyone is entitled to that kind of grace. If you feel like writing something you're entitled to write it as long it's not slanderous or libelous or breaking the law in some way. Why anyone would get into a rage about entertain-

ment is beyond me."

He harkened back to buzz over *The Crying Game* and *Dil's* reveal as a transgender woman, along with *The Sixth Sense* and the Bruce Willis character being dead. And there was grumbling over spoiling the purgatory at the end of *Lost*, at a time when social media was well on its way to engulfing us, he said.

"If the ending is really atrocious, like *Lost*, then you're probably doing people a favour by letting them know," Levinson said.

Etiquette expert Lizzie Post of the Emily Post Institute sees no value in people "posting a million times, 'Don't spoil anything for me, don't spoil anything for me.'"

Walk away from Facebook, shut down Twitter if you have to, she said.

"If you're not living in the current season you have no claim. It's fine if you have a friend who's really into it and you want to say, 'Don't spoil it for me.' But you can't ask the world around you to completely bend."

THE ASSOCIATED PRESS

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2 SCENE



Sinead O'Connor. ALL IMAGES GETTY

O'Connor switches focus to Cowell and laments the 'murder of rock 'n' roll'

Sinead O'Connor appears to be moving on from Miley Cyrus — to Simon Cowell. "I feel sorry for the murder of music and rock 'n' roll, which has happened because of the industry, because of Simon Cowell, Louis Walsh. It all amounts to the murder of music," she said in an interview with Ireland's Late Late Show recently.

"The power of rock 'n' roll to change things, to move people, is being murdered by all this worship of fame — Pop Idol, X Factor, all this stuff. What I'm worried about is it's all about the visual, the pyrotechnics, the tits out, shake your ass. It's not about the song. That to me is quite sad."

METRO DISH

OUR TAKE ON THE WORLD OF CELEBRITIES

Pop Goes The Week

It's wall good for Bieber in China and Lohan has parents banned

STARGAZING
Malene Arpe
scene@metronews.ca

While visiting China this week, Justin Bieber got carried up the Great Wall by his bodyguards. Before you get super-upset and start calling him an entitled brat, let's all remember that at least it's not as bad as the time when he made his entourage put him on a box so that he'd appear tall enough to ride the roller-coaster.

Michael Lohan and Dina Lohan are banned from the set of daughter Lindsay



Lohan's reality show. That's a fantastic idea and it proves that Oprah's OWN really is in the business of caring. Except about ratings.

A sad week for science. A) Breaking Bad is over forever. B) Due to the U.S. government shut-down, most of NASA's activities are brought to a halt. C) Bill Nye is voted off Dancing with the Stars. D) Cher insists that ex-husband Sonny's ghost visits her and occasionally pulls a prank on her.

Doing it at eight will make you great, boasts Brown

Chris Brown claims that he lost his virginity at the tender age of eight with a girl who was 14 or 15. "It's different in the country," he tells the Guardian. "By that point, we were already kind of like hot to trot, you know what I'm saying? Like, girls, we weren't afraid to talk to them. I wasn't afraid. So at eight, being able to do it, it kind of



Chris Brown

preps you for the long run, so you can be a beast at it. You can be the best at it."

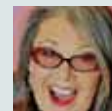


Twitter



@lenadunham

Started calling things "gaymazing" as a joke but pretty soon I was saying gaymazing all the time. I have no room for irony in my life.



@TheRealRosanne

the armageddonites are now trying to trick us all into believing that aliens are on the way.

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Travelling with your family? Here's a nutritious and inexpensive lunch that you can prepare in your hotel room.

Buy one roll of tin foil, some sliced, whole wheat bread, two green apples, and a package of sliced cheese. Layer cheese and apple slices between two

slices of bread and wrap each sandwich in tin foil.

The secret ingredient is the iron in your hotel room!

Press the heated iron on each sandwich for one minute and unwrap. Presto! Fabulous grilled cheese sandwiches for a fraction of what you'd spend in a restaurant. **EVELYN HANNON/YUMMYMUMMYCLUB.CA**

An apple a day

Rubber band trick

Sending an apple in your children's lunch boxes but want the slices to stay fresh and un-browned?

Simply cut an apple into sections, re-assemble it back into a "whole" apple again, and use an elastic band to keep the whole thing together.

It's like it had

never been cut—and there are no exposed parts to turn brown.

Brilliant and healthy!

LEAH LEITCH/YUMMYMUMMYCLUB.CA



Exclusively online

Mommy lives in fear of the common cold. Find out why with exclusive Metro content from Lyrranda Martin Evans and Fiona Stevenson, authors of the bestselling book *Reasons Mommy Drinks*, at metronews.ca/voices. Join the laughs on Twitter @mommyreasons



Mr. Sandman, bring my teen a dream — a nine-hour one

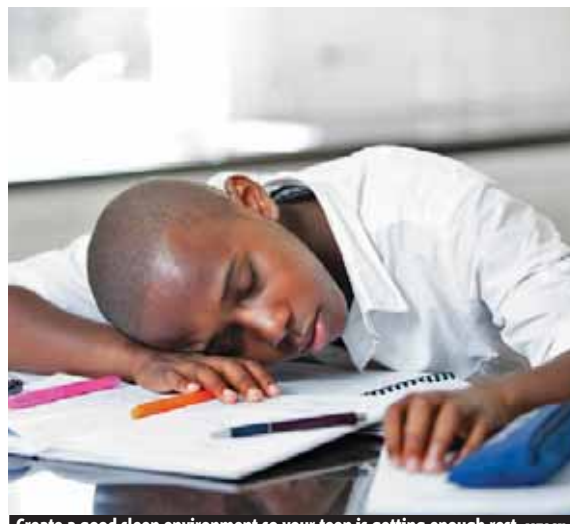
Tips. Help your teen have sweet dreams

ANDREA NAIR

yummymummyclub.ca

When parents bring teenagers to me for psychotherapy, one of the first things I ask about during the initial interview is the amount and quality of their sleep. I do this because I have learned that the majority of the teens I see are chronically sleep deprived, and this compromised state is wreaking havoc on their emotional stability, behaviour, patience and ability to focus. Their relationships, school marks, and health are suffering. Toddlers aren't the only ones who get cranky when tired.

Recent studies identified that teens are sleeping fewer hours as compared to 20 years ago, and showed that 60 per cent of teens will keep their cellphones in their rooms and respond to a text a night.



Create a good sleep environment so your teen is getting enough rest. ISTOCK

What does this mean for parents? It is critical that we be the keepers of our teens' sleep.

Here are four suggestions to help your teen sleep better:

Consistent sleep routine

Sleep routines are not just

for little ones. Having regular lights-out and get-up times helps with good sleep hygiene.

Peaceful sleep environment

Consider things you can do to foster a good sleep space. Have the temperature in the home lower at night,

remove as much clutter from the sleeping space as you can, keep the lights low and noise off. Many families find having white-noise machines in the hallways do help improve sleep.

Remove and turn off all mobile devices at night

Establish a time when all members of the family will turn their mobile devices off (studies suggest at least an hour before bedtime is optimal) and remove them from the bedroom. In the case where a cellphone has to be kept on as an emergency contact source, put the phone as far away from the bed as you can. Some families have a "device bin" where all mobile electronics get placed at night for safekeeping. Another suggestion is to have all the devices in a central area like the kitchen, plugged in and recharging. Turn off the Internet connection at night. Many new devices like iPods do have messaging functions, and teens will chat with their friends through wi-fi/wired

Sleep quiz

- How many hour of sleep do teens need to function properly and for good health? Answer: 9
- What is the number of hours of sleep most teens actually get? Answer: 7
- Why are most teens sleep deprived? They have mobile devices/laptops and computers in their rooms overnight.

Internet even if they don't have 3G/4G capabilities on the device.

Be the exhaustion police

Many teens have very little down time between classes, sports, activities, friends, and homework. Talk to your teen about his or her schedule and make sure there is space for rest and fun.

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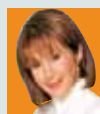
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Bubbies Cinnamon Crunch Biscotti

170 calories / 1 g fat
This delicious cinnamon biscotti is made with little fat and sugar and is a nutritionally better treat.

Put a pep in your step and some peppers in your oven

ROSE REISMAN
for more, visit
rosereisman.com or follow
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1. Preheat oven to 375 F. Line baking sheet with foil; lightly coat with cooking spray.

Ingredients

- 2 cups beef (or chicken) stock
- 1/2 cup brown rice
- 2 tsp vegetable oil
- 1 cup diced onion
- 1 cup canned corn, drained
- 1/2 lb lean ground beef
- 1 1/2 cups canned red kidney beans, drained and rinsed
- 1 1/2 tsp chili powder
- 1/2 each tsp dried basil and ground cumin
- pinch of salt and pepper
- 1/2 cup medium salsa
- 3/4 cup shredded aged cheddar cheese
- 1/3 cup low-fat sour cream
- 1/3 cup chopped parsley
- 4 medium bell peppers



This recipe serves four. ROSE REISMAN

2. In saucepan, bring stock and rice to boil. Reduce heat to low, then cover and simmer 25 minutes or until the rice is tender. Drain any excess stock.

3. Lightly coat saucepan with cooking spray, add oil and set over medium-high heat. Add onion and sauté 3 minutes. Add corn and sauté another 5 minutes or until corn starts to brown. Add ground beef and sauté until no longer pink, about 3 minutes.

4. Add cooked rice, beans, chili powder, basil, cumin, salt, pepper and salsa and cook for 1 minute. Remove from heat and add 1/2 cup of cheese, along with sour cream and parsley.

5. Carefully remove and discard the top from each of the peppers. Remove the ribs and seeds and discard. Place the peppers on the baking sheet and fill them with the beef stuffing. Bake for 25 minutes.

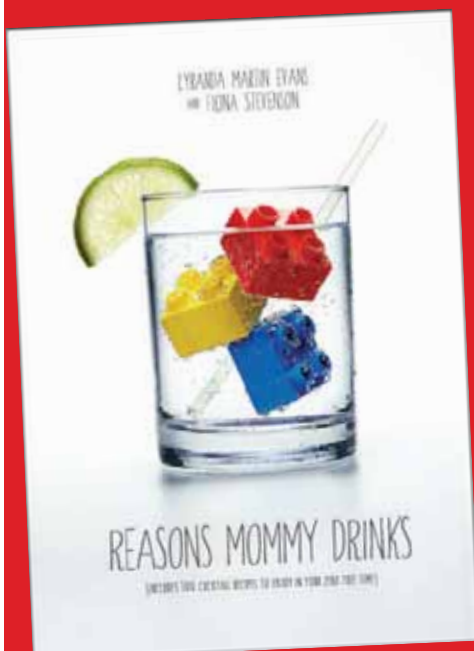
6. Sprinkle with remaining cheese. Bake 2 minutes or just until the cheese melts.

Correction

Thursday's Metro contained ingredient errors in the Sweet Potato Mac and Cheese recipe. The recipe calls for 1/4 cup (60 ml) butter and 1/2 cup (125 ml) grated Parmesan cheese.

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f t w i

Skype breaks boundaries in language education

Distance learning. Conversing via web chat is 'amazingly similar to a one-on-one class,' says the founder of Live Lingua

NATALIE SHURE

Metro World News in New York

Skype has already revolutionized the way more than 50 million registered users communicate with faraway friends

and family. Now, the web-based video-calling platform may be poised to overhaul foreign language education as well, eliminating barriers like location, money and time.

Ray Blakney started Live Lingua, one of the world's top Skype-based foreign language immersion schools, in 2008.

While learning Spanish through the immersion method in the Peace Corps in Mexico, Blakney came to understand the importance of practising conversation skills with native speakers — and Skype helps learners connect



Skype is the newest platform for foreign-language education.
GETTY IMAGES

with such speakers. "It's amazingly similar to a one-on-one class," Blakney says. "It really feels like you're sitting there talking to these people. You don't have to sacrifice that much."

Live Lingua offers several languages and dialects, and most students are taught spoken communication. Instructors can diagnose their needs as they go. Most students start with at least some spoken proficiency — including Blakney himself, who is brushing up his rusty Turkish with Live Lingua.

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'Round the world wisdom

Facing adversity? Invent a purpose

The severe market crash of October 2008 changed my life. I started running to regain my health, both emotional and physical. Shortly after I took my first steps, I ran the Gobi March in China in June 2009, followed by the Atacama Crossing in Chile in 2010, and the Sahara Race in Egypt in 2011. In this post, I share a lesson about life, learned from the desert.



LESSONS FROM THE DESERT
Stefan Danis
life@metronews.ca

Signing up for a desert race was my way of creating a positive challenge for myself, one I could then use as a tool to tackle other obstacles. I was so determined to complete the desert race that I committed to raising \$25,000 for a charitable

cause close to my heart.

But as the long hours of a brutal training schedule took their toll, I fell prey to the law of diminishing intentions. With mounting pain that ultimately culminated in injury, I had to make countless visits to health-care practitioners. My resolve weakened. Seeing my goal slip away, I decided I had enough and called it quits.

The next day I received a large and unexpected sponsorship donation. It was like a slap in the face — and it re-ignited

my commitment to the project.

Once in the desert, I started blogging to raise much-needed funds for the charity. The blog posts caused a sea of supportive emails from family, friends and strangers back home. Every time pain hit and I contemplated quitting, I focused on those emails and found the strength to continue on.

Having a cause helped tether my actions to a higher purpose. Like running, most of life's activities can be solitary;

running for others is not. When you face adversity, invent a purpose and grow your own wings.

STEFAN DANIS IS THE CEO OF NEXCAREER AND MANDRAKE, AND THE AUTHOR OF GOBI RUNNER

Tying your actions to a cause can keep you motivated when you encounter a discouraging situation. GETTY IMAGES



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Celebs return to class to keep dropouts in school

Television. A six-part show brings boldface names such as Suze Orman, Oliver Stone and Swizz Beatz in to teach at-risk students

ALISON BOWEN

Metro World News in New York

Students are starting a new school year, and one of educators' biggest challenges is keeping them there — and hopefully funnelling them toward college.

A new documentary series, the Sundance Channel's Dream School, highlights what is being called a dropout crisis. The six-part series premieres Monday night and follows students as they learn from an array of celebrities, from musician and producer Swizz Beatz to financial guru Suze Orman and director Oliver Stone.

The 15 Los Angeles students, all ages 17 to 18 — a pivotal age at which students traditionally decide to drop out or stay in school — were either expelled or had dropped out, and each professor tries to spark their interest.

We spoke with Steven Keller, a California superintendent involved with the series, about how the students reacted to their unusual educational atmosphere.

What are some of the challenges of keeping kids in school?

First of all, family engagement. Moms, dads, uncles, aunts,



Swizz Beatz works with at-risk students in Dream School, a new Sundance Channel documentary series. JC DHEIN/SUNDANCE CHANNEL

grandmothers, grandfathers need to hunker down with their family members and engage their family members. As a family and as a country, we need to take ownership of each and every kid to really push them and motivate them to get to school each day and check in on them when they get home from school, make sure they have some accountability when the kids get home, whether a potential dropout or not.

The second piece, of course, is funding. There needs to be more funding specifically for kids that are earmarked as potential dropouts. We as educators need to look at restructuring and reforming how we serve this population. And then the last piece is, we as educators need to assess what

works and what doesn't work and adjust and make changes and reflect on our practice. So there are certainly three layers to it that play into this.

What are some of the reasons students give for dropping out?

"My parents, my brother, my mom and dad, don't go to college, and they're doing fine." Usually the excuse a child will give — a student will give — is not reaping the monetary benefits, that they know plenty of people who didn't go to college and didn't necessarily graduate who are making plenty of money. ... (But) we know plenty of people who make a lot of money who are miserable, absolutely miserable in their lives.

Signs to look for

What are some of the symptoms of someone who might be at risk of dropping out?

- "A lot of people look at traditional data," says Stephen Keller, a California school superintendent involved with Dream School. "On the other hand, we look at other factors. We look into attendance. We actually look at social emotional assessment with kids, to find out how engaged they are at school. Do the students feel a sense of purpose at school? ... Those indicators tell you a lot."

Did anything surprise you in making this documentary?

I think the celebrity teachers genuinely wanted to connect with the kids. All of them really do. They were nervous, even scared. They would constantly ask for feedback. I'm not saying they all performed brilliantly, I'm just saying they all took their craft seriously. ... No one showed up thinking they were going to wing it.

What different types of styles did students respond to?

Suze Orman came in with business to make. She was ready to go, she was not going to play any games. You'll have to see. The students clearly respond to that style.

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The Canucks' Mike Santorelli scores past Flames goalie Joey MacDonald in overtime at the Scotiabank Saddledome on Sunday. JEFF MCINTOSH/THE CANADIAN PRESS

Canucks complete comeback win in OT

NHL. Santorelli's second goal of game keeps Flames at bay

Mike Santorelli scored at 3:17 in overtime to lift the Vancouver Canucks to a 5-4 win over the Calgary Flames on Sunday in NHL action.

The Canucks scored three straight goals in the third period to gain a lead, but Calgary's David Jones sent the game into extra time with 19

On Sunday

5

Canucks

4

Flames

seconds remaining in regulation as Flames goaltender Joey MacDonald was on the bench for a sixth attacker.

Dale Weise, Jannik Hansen and Santorelli scored in the

third after the Canucks fell behind 3-1 early in the period. David Booth also scored for the visitors in the first period.

It was the second win in as many nights for Vancouver (2-1-0), who beat the Edmonton Oilers 4-2 on Saturday in Vancouver's home-opener.

Canucks backup goaltender Eddie Lack made 32 saves in his first career regular-season NHL game. Roberto Luongo had made 21 saves against the Oilers.

Mikael Backlund, Sean Monahan and Calgary captain

Mark Giordano also scored for the Flames (1-0-2). It was the second goal in three games for 18-year-old Monahan, who was selected sixth overall by Calgary in the 2013 NHL draft.

MacDonald stopped 23 shots in his second straight start after picking up the win in Calgary's 4-2 decision over Columbus on Friday.

Calgary hosts the Montreal Canadiens on Wednesday. The Canucks are at home to the New Jersey Devils on Tuesday.

THE CANADIAN PRESS

MLB

Dodgers one win away from ousting Atlanta

Carl Crawford hit a three-run homer, Juan Uribe added a two-run shot and the Los Angeles Dodgers routed the Atlanta Braves 13-6 on Sunday night for a 2-1 lead in their best-of-five NL division series.

Hanley Ramirez and Yasiel Puig each had three hits and scored three times on a big night at the plate for the Dodgers, who matched a franchise record for runs in a post-season game. Brooklyn beat the New York Yankees 13-8 in Game 2 of the 1956 World Series.

Los Angeles can advance to the NL championship series with a victory at home in Game 4 on Monday night. Ricky Nolasco pitches for manager Don Mattingly's Dodgers against veteran Freddy Garcia.

THE ASSOCIATED PRESS

NFL

Luck's Colts hand Seahawks first loss

Andrew Luck threw two touchdown passes and Donald Brown scored the go-ahead TD with 8:55 to go to lead the Indianapolis Colts past the Seattle Seahawks 34-28 on Sunday.

The Seahawks (4-1) lost their first regular-season game since Nov. 25.

Luck led his ninth career fourth-quarter comeback by going 16 of 29 for 229 yards, beating Russell Wilson in the first matchup between last season's NFL rookie of the year runner-ups.

THE ASSOCIATED PRESS

Sanvezzo pulls Whitecaps' season out of abyss



Camilo Sanvezzo celebrates one of his two goals on Sunday at BC Place.

JONATHAN HAYWARD/THE CANADIAN PRESS

Their already bleak playoff chances were fading closer toward absolute oblivion. The Vancouver Whitecaps were done. See you next year.

And then Camilo Sanvezzo revived the team's faint playoff hopes in spectacular fashion.

Sanvezzo scored twice in the span of two minutes during a chaotic sequence in the second half, and the Whitecaps, thanks to the heroics of their Brazilian striker, manufactured a 2-2 draw with the Portland Timbers in front of 20,303 fans at BC Place Stadium on Sunday.

It's a single point. Not the

desired and desperately needed three, but better than nothing.

"It's important goals but very disappointing we didn't win again," said Sanvezzo, who now has 18 goals on the year.

The Whitecaps conceded the first goal of the game on a Darlington Nagbe rocket past David Ousted in the first half.

But what transpired in the second half sent the faithful on an emotional roller coaster ride.

Sanvezzo evened the score at 1-1 in the 76th minute on a free kick, but the celebration was quickly halted.

Will Johnson gave Portland the lead again just a minute later. The feeling of disbelief hung thick in the air.

Then came the miracle.

Sanvezzo evened the contest yet again, this time at two goals apiece, on a magnificent sideways scissor kick just one minute after Johnson regained Portland's lead.

There was a pulse.

"That keeps us alive," said head coach Martin Rennie, "When at a couple of moments there, it seemed like we might be all dead."

CAM TUCKER/METRO



See today's answers at metronews.ca/answers.
BY KELLY ANN BUCHANAN

Horoscopes

♈ Aries

March 21 - April 20

If you are bored with the same old places and faces now is the time to make changes.

♉ Taurus

April 21 - May 21

An offer that comes out of the blue may look too good to be true but with Venus, your ruler, moving into the wealth area of your chart today it may pay you to take a closer look. It could be for real.

♊ Gemini

May 22 - June 21

The cosmic balance is shifting in your favour and you should take advantage of it over the next few days.

♋ Cancer

June 22 - July 23

You seem to believe that those you work with are operating according to a hidden agenda and that you alone are being kept in the dark. You need to get over yourself. Can you spell "paranoia"? There's no conspiracy.

♌ Leo

July 24 - Aug. 23

Affairs of the heart are high on your agenda and with love planet Venus moving into the most dynamic area of your chart today you won't hesitate to let that special someone know how you feel.

♍ Virgo

Aug. 24 - Sept. 23

What should concern you now is the bigger picture. What is your place and role in the world? Like everyone you were born with a purpose and a plan and your task this week is to find out what it is.

♎ Libra

Sept. 24 - Oct. 23

Venus, your ruling planet, urges you to raise your sights and accomplish something truly outstanding.

♏ Scorpio

Oct. 24 - Nov. 22

You will get the chance to show a loved one how much you really care for them today. If you are minded to buy them a gift make it something small but tasteful. It's not about how much it costs.

♐ Sagittarius

Nov. 23 - Dec. 21

A great deal of joy is forecast for you over the next few days. Much of it will come from spending time with friends, relatives and the kind of people who accept you for who and what you really are.

♑ Capricorn

Dec. 22 - Jan. 20

The more others urge caution this week the more inclined you will be to take chances – and you'll be glad you did.

♒ Aquarius

Jan. 21 - Feb. 19

Your luck will change for the better today. Why? Because the good things you did for so many people in the past will now start to come back to you.

♓ Pisces

Feb. 20 - March 20

Someone in a position of authority thinks you are the best thing since sliced bread. What have you done to be so highly regarded? Who knows, but you can and you must take advantage of what they offer you.

SALLY BROMPTON

Crossword: Canada Across and Down

Across

- Mr. Jones of The Monkees
- Abodes, hip-style
- Desert hill
- Mars: Prefix
- Funny book
- Swear
- Close at hand, in poetry
- Reddish-brown hair rinse
- Very dry
- Seat for Queen Elizabeth on The Great Seal of Canada: 2 wds.
- WSW opposite
- "Assuming that's true...": 2 wds.
- Unpositive utterance
- Officially choose
- "Dragons' ___"
- Dance step
- Put up with
- Barenaked Ladies' "The Old ___"
- French Sudan, now
- Prices
- Creative
- Ontario town which is the ancient Roman word meaning 'Scotland'
- Bette Davis/Errol Flynn movie, "The Private Lives of Elizabeth and ___" (1939)
- Compass dir.
- Soldier's food-in-a

- packet [acronym]
- Make cake
- Craze
- Enzyme suffixes
- Energy
- 1970 October Crisis: Prime Minister Trudeau's famous quote: 4 wds.
- Sanction
- Aired again
- "___!... I Did It

- Again"
- Sentence segment
- Skips
- Not tricked: 2 wds.
- Guitar great Duane
- Puppy's protests!
- Car starters

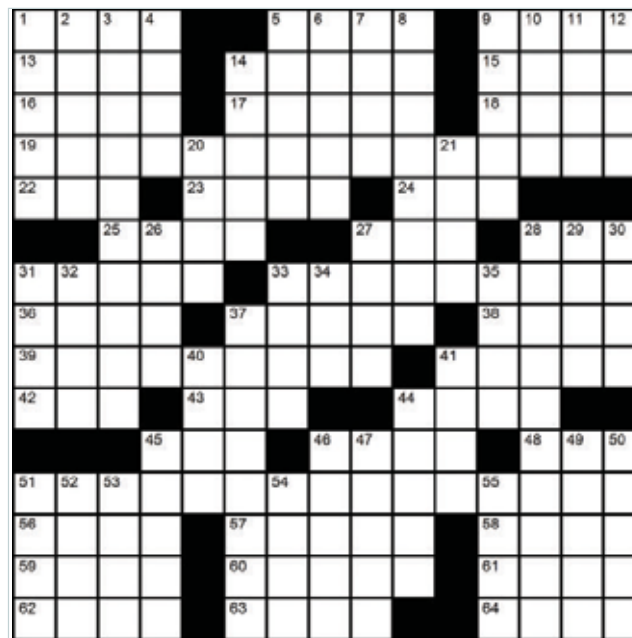
Down

- Have fun at the

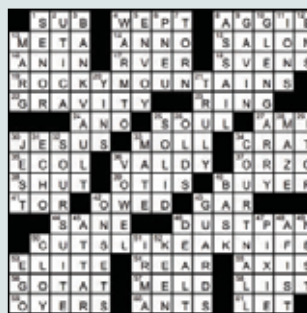
- nightclub
- Dolphin-riding Greek poet
- Alberta town which is east of Edmonton
- ___ National Park, BC
- The Tragically Hip song
- Prenatal test, commonly
- Wilma's pet

- 1981 David Cronenberg horror movie
- Sprint-like
- Eye part
- "Me neither.": 2 wds.
- Washstand vessel
- Fray
- Evening, informally
- Isn't able
- Comical cat's

- chum
- Stuff collected from research
- ___ Theatre (Saskatoon theatre company named after an ancient goddess)
- Payment in poker
- Greek Myth: Charon's river
- Some old Jeeps, e.g.
- Meadowland sounds
- Super-duper
- Greek alphabet letter
- Jim Carrey movie, "The ___" (1994)
- Casual material
- Music key, ___.
- The ___ Coast
- Kidney, and others
- The Snowbirds maneuver
- From Depeche Mode's "World In My Eyes": "Let me take you on ___."
- Police squads, e.g.
- Beerless beer bottle
- Monetary units in Mexico
- Created carpeting
- Added to income, with hard work
- Grease
- Quasi
- Work in the kitchen



Friday's Crossword

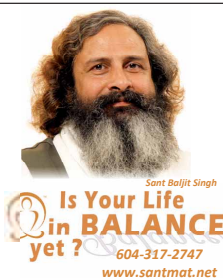
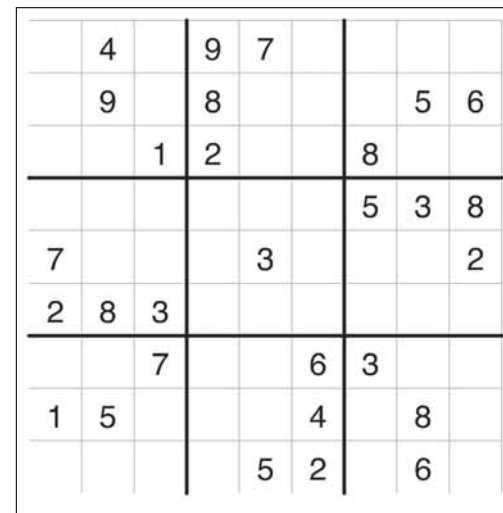


Sudoku

How to play

Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved.

Friday's Sudoku



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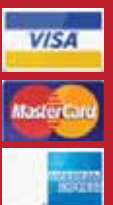


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